



Parkinson's Disease Research Education & Clinical Center
PADRECC Southeast/Richmond



2017 EDUCATION & SUPPORT GROUP for People with PARKINSON'S DISEASE and their families

Thursdays Time: 1 - 3 pm	TOPIC and SPEAKER
January 26	Mood disorders (Depression, Anxiety, Apathy) in Parkinson's – <i>with Dr. Shivan Desai, MD, Staff Psychiatrist, McGuire VAMC</i> (second hour) Reflexology Self-Care – <i>with Jackie Johnson, RN, PADRECC</i>
February 23	How a Speech therapist can help with Speech, Swallowing and Cognitive issues - <i>with Tara Boyle, MS, CCC-SLP Speech Therapist, McGuire VAMC</i>
* March 16	Autonomic Dysfunction issues (blood pressure, constipation, urinary issues.) – <i>with Debbie Dellinger, MSN, ACNP-BC, PADRECC Nurse Practitioner</i>
April 27	Understanding Parkinson's medications, Clinical Trials, and More! - <i>with Peggy Roberge, RN, PADRECC</i>
May 25	Innovative Exercises that target Parkinson's symptoms – <i>with Sandy Lawson, MES (Medical Exercise Specialist) John Rolfe YMCA and Re-Kinect, LLC, Richmond</i>
June 22	Planning Ahead with PD, a neurodegenerative disease – <i>with Cindy Logan, LCSW, CCM, Social Work Coordinator, PACT Specialty Clinics, McGuire VAMC</i>
August 24	Tips for Managing Activities of Daily Living (ADL's) to make living with PD easier - <i>Erin Buckley, Occupational Therapist, McGuire VAMC</i>
September 28	Rock Steady Boxing for Parkinson's Disease - <i>Scott Brubaker, Jr., LPTA Rock Steady Boxing Certified Coach, Comber Physical Therapy & Fusion Chiropractic, Rock Steady Boxing Williamsburg</i>
October 26	Motor Complications in Parkinson's disease (on-off, freezing of gait, festination, dyskinesia) <i>with Dr. Jessica Lehosit, Movement Disorder Specialist, PADRECC</i>
*December 7	Creativity and Parkinson's plus Holiday Social

Location & Meeting Room: Hunter Holmes McGuire VAMC, 1201 Broad Rock Blvd, Richmond, VA 23249. 2K-113 Conference Room is located on 2nd floor, turn in hallway near Green "Personnel/Conference" flag.

Usual Meeting format:

- Sessions are generally held on **4th Thursday of most months** (no meeting in July or November).
- An asterisk (*) indicates a date change (i.e. December holiday, scheduling conflict).
- The first hour (1-2 pm): Educational session with a speaker presentation.
- The second hour (2-3 pm): Discussion Groups - one for people with PD (PwP) and one for Care partners, spouses, family members, and friends. Social workers from the Caregiver Support Program assist in the group discussion.

Questions?

- Non-veterans from the community are welcome to attend.
- Unable to attend this meeting in person? Live far away from Richmond but want education and support? Please call to discuss other options via telephone, computer webinars, and more.
- Contact Lynn Klanchar, RN, PADRECC Education Coordinator at (804) 675-6952.

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Mar 6, 2017 Edition